



Obion County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Obion County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Obion County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school Health capacity for our LEA totals \$43,056.

Community partnerships have been formed to address school health issues. Current partners include:

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|----------------------------------|---------------------------------|
| ➤ Align Chiropractor | ➤ LeBonheur |
| ➤ Matt Harris Revive Spa Program | ➤ UT Martin Nursing Program |
| ➤ Right Choices | ➤ Town and Country Dry Cleaners |
| ➤ Union City Chiropractor | ➤ Dyersburg Pediatric Dentistry |
| ➤ SEC Consultants | ➤ Troy's Lion Club |
| ➤ HUGS | ➤ Pediatric Place |
| ➤ NFL Play 60 | ➤ Reelfoot Bank |
| ➤ Baptist Memorial Hospital | ➤ First Citizens National Bank |
| ➤ KF99 Radio | ➤ First State Bank |
| ➤ The Messenger | ➤ Obion County Farm Bureau |
| ➤ UT Extension | ➤ Commercial Bank |
| ➤ Health Quest | ➤ Dr. Shumate |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Dead Days, Health Rocks, and Walk Across Tennessee. Currently, 75 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Dead Days, Food Fiesta, Two Bite Club, Child Health Week, National Physical Education Week, Go Girl Go, Power U, Get Fit TN, and Walk across TN, P.A.C.K. Week, Health Rocks, TAR Wars, KickButts Month, Color Me Healthy, and Mobile Food Cart. Approximately 50 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Obion County Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – screened 2,033 and referred 586;

Students have been seen by a school nurse and returned to class 13,245;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the 2010-2011 school year a total number screened was 1228, for those 2% underweight, 53% normal, 45% overweight, 26% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, educational DVDs, books and materials for the Michigan Model curriculum, food for programs, informational pamphlets, pencils, Nutrition Nuggets, providing prizes for winners of coloring contests, walking contests and Biggest Loser;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: bloodborne pathogens, safety in the workplace, self Injury, sexual harassment, internet safety, Michigan Model training, CPR/ First Aid, AED training, and flu shots;

School faculty and staff have received support for their own well-being through flu shots, staff health screenings and a staff health fair.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – addressing childhood obesity with new programs such as Power U, P.A.C.K week, Two Bite Club, and other programs aimed at teaching kids that eating healthy will help them to lose weight. Behavioral health is an ongoing process. We are talking with the children about how to handle anger issues, bullying issues, and emotional issues. Our counselors use the Michigan Model to help address these issues;
- Physical Education/Physical Activity Interventions – All schools have implemented the Michigan Model for their curriculum this year;
- Nutrition Interventions – all schools are joining the U.S. Healthier School Challenge;
- Mental Health/Behavioral Health Interventions – coordinator is assembling a committee to work on mental health related issues.

Additional accomplishments include the NFL Play 60 Grant, PALA Challenge and the Let's Move Flash Dance.

In such a short time, CSH in the Obion County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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